**Shrove Tuesday is a term in English-speaking countries for the day coming up towards** [**Ash Wednesday**](http://en.wikipedia.org/wiki/Ash_Wednesday)**, the first day of the season for** [**Lent**](http://en.wikipedia.org/wiki/Lent)**.**

**The word shrove is a word that actually means Shrive, which means to obtain absolution for ones sins.**

**During the week before Lent, sometimes called Shrove Tide, Christians were encouraged to go to confession for turning to god.**

**In some countries, Shrove Tuesday is known as Pancake day.**

**Pancakes and doughnuts are together with the day before** [**Lent**](http://en.wikipedia.org/wiki/Lent) **because they were a way to use up rich foods such as eggs, milk, and sugar, before the fasting season of the 40 days of Lent.**

**Shrove Tuesday was known as a half- holiday in England.**

**When it was known as a half holiday, it would start at 11:00 with a sound of bells.**

**In 1634** [**William Fennor**](http://en.wikipedia.org/wiki/William_Fennor) **wrote in "Palinodia" "And tosse their Pancakes up for feare they burne."**

**Since 1950 the people of** [**Liberal**](http://en.wikipedia.org/wiki/Liberal,_Kansas)**,** [**Kansas**](http://en.wikipedia.org/wiki/Kansas)**, and Olney have held the "International Pancake Day" race between the two towns.**

**The word for the Shrove Tuesday pastry is in Finland either in Finnish laskiaispulla or in Swedish fastlagsbulle.**